

CHAPTER IV

CONCLUSION

4.1 Conclusion

During the internship at La Regina, extensive real-world experience in a professional kitchen environment was gained. This experience allowed the opportunity to apply theoretical knowledge in a practical setting, enhancing the understanding of culinary operations and industry standards. Through this internship, essential technical skills in food preparation were developed, including working with various ingredients, mastering cooking techniques, and maintaining kitchen hygiene. These skills are critical in ensuring the quality and safety of food products, and a strong foundation in these areas was established. In addition to developing technical skills, teamwork and communication skills were also improved by collaborating with chefs and colleagues to ensure efficiency in the kitchen. This experience taught the importance of effective communication, teamwork, and time management in a fast-paced kitchen environment. Beyond the technical aspects, this internship provided a deeper appreciation of the discipline, precision, and creativity required in the culinary industry. The ability to work under pressure, manage time effectively, and adapt to the fast-paced nature of a professional kitchen was developed. Overall, this experience has been invaluable in shaping skills, work ethic, and professional outlook. The knowledge and expertise gained during this internship will serve as a strong foundation for future career in the culinary field.

4.2 Problem and Solution

During the internship at La Regina, several challenges were encountered that tested adaptability and problem-solving skills. One of the main difficulties was bonding with the kitchen staff, which at times led to miscommunication during service hours. The fast-paced nature of the kitchen required clear and effective teamwork, so an effort was made to observe how

senior chefs communicated and gradually adapt interactions. Over time, by asking questions, listening carefully, and engaging in team discussions, relationships with colleagues were strengthened and coordination in the kitchen was improved. This experience highlighted the importance of effective communication and teamwork in a professional kitchen environment. In addition to improving communication, attention was also paid to workplace safety and maintaining kitchenware and equipment. Workplace accidents, such as minor burns and knife cuts, are common in professional kitchens. To address this, attention was paid to handling sharp tools and hot equipment, and safety protocols were followed strictly. Guidance was also sought from experienced chefs on best practices for knife handling and station organization to reduce the risk of injury. Incidents of breaking kitchenware, such as dropping plates or glass containers during busy hours, were also faced. To prevent this from happening frequently, a focus was placed on being more cautious when handling equipment, improving grip, and ensuring the workspace was organized to avoid unnecessary clutter. Through these experiences, the importance of effective communication, workplace safety, and attentiveness in a professional kitchen was learned. By actively addressing these challenges, a greater sense of responsibility and adaptability was developed, which will be valuable for the future career in the culinary industry. This internship provided a unique opportunity to learn and grow in a fast-paced and dynamic environment, and the skills and knowledge gained will be applied in future endeavors.

4.3 Suggestion

4.3.1 For Student

- Continue to improve communication skills by engaging actively with senior staff and seeking constructive feedback.
- Enhance culinary techniques and safety practices through continuous learning and practical experience.

- Reflect regularly on performance to identify areas for further improvement in teamwork and efficiency.

4.3.2 For Ottimmo International MasterGourmet Academy

- Revise the format system in the internship guideline book to ensure clarity and better alignment with industry expectations.
- Incorporate structured mentoring and regular skill-building workshops into the internship program.
- Organize training sessions on effective communication, teamwork, and kitchen safety protocols.
- Expand practical learning opportunities to bridge theoretical knowledge and real-world application.

4.3.3 For La Regina Malang

- Implement periodic team-building activities to foster better communication and cohesion among staff.
- Provide refresher courses on equipment handling and safety measures to minimize workplace accidents.
- Strengthen coordination protocols during busy periods to enhance overall kitchen efficiency and service quality.